Dear Parents & Carers,

The school held a working bee during the school holidays where we continued work on our school garden beds. We made a solid start with big plans for creating a natural learning area for the students and installing a water tank and garden shed. A big thank you to those parents and children who helped make the day possible. There was a great sense of community spirit.

RE Room
We are also in the process of converting one of our storerooms into an office area for Religious Education and this promises to be an excellent area for meetings, prayer and storing resources for our Religious Education programs.

Christmas Concert
Please keep the evening of Thursday the 28th November free for our very special whole school Christmas Concert this year- “The Adventures of the Magic Billy Cart”.

School Forum
School Forum meeting next Tuesday at 7pm. All welcome

Mullumbimby Show
Want to show your talents at the Mullumbimby Show this year? Enter the Talent Show- great prizes. Section A) 13 years and under ($2 entry fee) 10am- 11am Saturday 9th November. Get your entry form at the front office.

School Assembly
Our first school assembly for the term will be held next Friday 18th October at the usual time of 2pm. Please come and join us for some fun, information and entertainment.

Tim Bleakley
Principal

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Photos: Holiday Working Bee (top) Mrs Bottle with her amazing choir at Mass (above)
CANTEN NEWS

There are eleven weeks in this term and that is a lot of voluntary shifts to fill in the canteen. Thankfully we have a few new volunteers: Cathy Edmonds, Cassie Hanlon and Koko.

This term we have Nudie fruit juice drinks for $1.50. They are 100% juice—apple or orange.

Donations of oranges are welcome as the kids love their frozen oranges. Banana Smoothies available again tomorrow.

The roster for term 4 is still needs to be filled. Please contact Robyn if you can help 0402 758 971

Thank you, - Robyn

Assembly Awards

Week 10

Cairo Garrett
Alankar Hagedoorn-Storey
Marlo Neumann
Isla Buckland
Sarah Alle
Bethanni Dawson
Jamai O’Malley
Poppy Lyne
Teleah Dale
Buzz Walker
Charles Sanders
Quinn Farren
Zoe Nightingale
Liam Mangleson
Lachlan Mitchell
Tygar Hanlon

Did You Know?

In NSW, close to 60% of children do not eat the recommended amount of vegetables.

Eating fruit and vegetables every day helps children and a teenager grow and develop, boosts their vitality and can reduce the risk of many chronic diseases - such as heart disease, high blood pressure, some forms of cancer and being overweight or obese.

Some ideas to try:

  - Try different fruits or vegies on your toast - banana, mushrooms or tomatoes.
  - Add chopped or pureed fruit to plain yoghurts.
  - Make a fruit smoothie with fresh, frozen or canned (in natural or unsweetened juice) fruit; blend it with reduced fat milk and yoghurt.
  - Chop up some fruit or vegie sticks for the lunchbox.
  - In summer, freeze fruit on a skewer (or mix with yoghurt before freezing) for a refreshing snack.
  - Make fruit-based desserts (such as fruit crumble or baked, poached or stewed fruit) and serve with reduced fat custard.
  - Have fresh fruit available at all times as a convenient snack - keep the fruit bowl full and have diced fruit in a container in the fridge.

Lost Property

Please check the tables at the front of the school. There are many items left over from last Term’s school camps. Items will be donated to St Vincent de Paul on Friday if not claimed.
Parenting when you don’t see instant results

The results of your parenting often don’t come until adulthood but you’ve got to keep doing your best in the meantime. That’s one of the great frustrations of being a parent.

There aren’t too many activities you do where it can take years to see the results.

Parenting is one of them.

As your kids grow up, you put in a lot of groundwork teaching them how to behave, how to be confident, how to treat others well and so on. But you don’t always see the REAL results of all that effort until your kids are adults.

Nevertheless, you’ve got to keep doing the right thing regardless, even though it takes a lot of faith.

I was reminded about this when speaking to a mother recently whose son had struggled at school all his life. She’d put so much of her emotional and physical energy into helping him learn, jollying him along and nursing him through the many ups and downs that only struggling kids seem to experience.

Her son, now a teenager, was about to give up trying. And I could see that his mother felt like giving up too!

She asked, “When do you stop being a child’s coach and cheer leader?”

The answer, of course, is that you can’t!

She knew that but, like her son, she needed some encouragement to keep going.

We all do from time to time.

That’s why it useful to remind yourself that parenting is a long-term activity.

The Einstein Factor

All parents should be aware of the Einstein Factor. Albert Einstein was one of the preeminent scientists and thinkers of the 20th century, yet he maintained that he was no smarter than anyone else. He believed he just stayed on problems longer than most people.

In the same way, there are some children with whom you just have to stay on the job longer than you would with others.

- If you have a shy or socially-challenged child you might have to stay on the job until adulthood, when she finally finds her own way of building a network of friends and colleagues. Until then, it’s all about supporting, coaching and cajoling.

- If you have an ADHD-type child you might have to keep on the job longer to keep him out of trouble. You may not see the results until his mid-20s when all that energy goes into starting up his own business or doing something absolutely amazing. In the meantime, explain, teach and be firm!

- If you have a late bloomer you probably have to keep him interested in learning until he learns the practical skills needed to succeed in the workplace or in business, just as many kids who struggle at school end up doing.

In the meantime, encourage, scaffold and model learning.

We all want instant results in whatever we do. Parenting is no different, except that instant results are rare!

Small hinges swing big doors

A former parenting mentor used to say, “Small hinges swing big doors”. He meant that it’s the little things done by parents on a regular basis that make the biggest difference to kids.

You’ve just got to choose the right actions and keep doing them ... day after day. Have faith that the results will come ... eventually!

NOTE: Get your Kids’ Chores & Responsibilities Kit when you subscribe to Happy Kids, Michael’s FREE weekly parenting guide at parentingideas.com.au
Lost and Found

Lost—music stand in black case. Please contact the office if you have seen it.

Found—electronic car key (button type)

Kinder Fire Brigade Visit

Kinder will be treated to a presentation by the Fire Brigade on Wednesday 16th October

Library Help Still Needed

Please contact Mrs Kate Salmon if you can help any day this term.

Thank you!

ksalmon@lism.catholic.edu.au